

September 15, 2004

Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C St. SW., Washington, D.C. 20204

OCT 18 2004

RE: Notification of Nutritional Support Statements


To whom it may concern:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Full Spectrum™ Ashwaganda, a dietary supplement. Planetary Formulas® is the manufacturer of Full Spectrum™ Ashwaganda.

Statements being made in the labeling of Full Spectrum™ Ashwaganda

- 1) Ashwagandha (*Withania somnifera*) is one of the world's most powerful adaptogens, used traditionally in Ayurvedic herbalism to help the body adapt to physiological and psychological stress.
- 2) Planetary Formulas Full Spectrum™ Ashwaganda combines whole root powder with root extract to capture all the plant's valuable compounds.
- 3) The result is a botanical that relaxes the mind, rejuvenates the body, and increases resistance to stress.

To the best of my knowledge and belief, and based upon information available at the time of the execution of this notice, I certify that the above information is accurate and complete. Planetary Formulas® possesses substantiation that the statements are truthful and not misleading.

  
Ira L. Goldberg  
President, Planetary Formulas®

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